

Tuesday 14<sup>th</sup> July 2020

The last exercise update page!

This wasn't quite the end of term any of us were expecting. No sports days.....there is always next year!

I hope some of you have found the exercise update page useful. I know some of the parents I have spoken to have made exercise a valuable part of their student's day. I hope you are able to keep this going into the summer holidays.

## The #DailyMileAtHome

I am keen to get back to seeing everyone taking part in this at school in September. I might add in some of the creative ideas we have seen. This week's ideas are:

1. Signs of Summer: What can you spot on your walk? Is anyone eating an ice cream? Has the grass turned brown, are the flowers in full bloom?
2. Memory game: What can you remember about your walk? Shop names, street names, red cars?
3. The very last challenge! Wear something that is 'too big' like a hat or a long pair of shorts or a parent's t-shirt?

This week's physical challenge.....a gentle one to finish on, some yoga poses. Some for all the family.

# After **WAKE UP** YOGA POSES



I look forward to seeing everyone in September.

Mrs Leadbetter

